

# To Parents & Guardians:

## Introducing *FLASH* - the Family Life & Sexual Health Unit

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Dear Families,

I hope you are well. I am writing to let you know that we will begin our sexual health unit on \_\_\_\_\_.  
date

First, some of you saw these materials at back-to-school night. If you didn't, I want to invite you to look at them online: [www.kingcounty.gov/health/FLASH](http://www.kingcounty.gov/health/FLASH) or to contact the district and preview them now. Contact \_\_\_\_\_

at \_\_\_\_\_,  
name  
email address, phone

Second, I hope to partner with you. I would encourage you to discuss the issue at home, too. Your child may bring home **Family Homework** assignments to do with an adult in the family (however he or she defines "family"). These assignments are optional. I will always provide an **Individual Homework** assignment as an alternative for the same credit. They are also confidential. Students will NOT be asked to report back what you have discussed. The purpose of these assignments is to encourage you to communicate with one another. It's a chance to discuss your cultural or religious beliefs and your personal feelings about sexual health issues. Studies have shown that teens tend to delay sex if their families express the hope that they will. And they tend to use protection if they do have sex when their families have expressed support for *that*, especially if parents or guardians talk openly and comfortably about it. I know that for some of you that won't happen automatically, but practice can help. I hope you'll try. If more than one adult in the family wants to participate in these assignments, that's great. You may want to take turns, so the student gets special time with each adult.

Finally, if you're considering excusing your child from the unit, please call me and let's talk about it. If you decide not to have your child participate in the unit, or in particular lessons, you can get our district's waiver form from \_\_\_\_\_

at \_\_\_\_\_,  
name  
email address, phone

Please give me a call if you have any questions. I would be glad to talk.

Sincerely,

\_\_\_\_\_,  
name title  
 \_\_\_\_\_,  
email address phone